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Examples: $30,000 financed at 0% for 60 months equals 130 bi-weekly payments of $231, a total obligation of $30,000 and $0 cost of financing. ΩΩ$1,000 Autoshow Bonus Cash is made up of $500 FCA Incentive Cash and $500 dealer contribution and is available on the purchase/lease of most 2017 models February 18 - 28, 2017 and will be deducted from the negotiated price after taxes. The following 2017 models are excluded: Chrysler 200 LX, Chrysler Pacifica Hybrid, Jeep Cherokee Sport, Renegade Sport, Jeep Patriot base (28D, 2GD, 25D, 28D models), Jeep Compass base (28D, 2GD, 25D models), Jeep Wrangler Sport (JKJL72), Dodge Charger SRT Hellcat, Dodge Challenger SRT Hellcat, Dodge Viper, Dodge Journey CVP/SE Plus, Dodge Grand Caravan CVP, Fiat 500 Pop/500X Pop/500L Pop, Ram 1500 Reg Cab 4x2, Ram 1500 Reg Cab 4x4 and Ram Cab & Chassis. 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[5]Most Capable Compact SUV Ever is based on historical U.S. unibody C-SUV segment competitors as identified by 2016 CY WardsAuto Small Cross/Utility Vehicle SUV segment (years 1986-2017). 4x4 capability based on Jeep Compact SUV offering low range power transfer unit (PTU) with 20:1 crawl ratio, low range 4x4 capability. This claim excludes all FCA vehicles. ≥Based on total sales in 2015CY in all SUV segments combined as defined by FCA Canada Inc. *Jeep is a registered trademark of FCA US LLC used under license by FCA Canada Inc. ™The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

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DODGE CARAVAN KIDS

METRO FOCUS ON ACTIVISM!

City fighting back against Islamophobia

Toronto Muslims and allies are coming together in solidarity | **U of T doctor says racism can actually be bad for your health** | **Opinion poll warns against anti-refugee sentiment**

metro NEWS

Toronto metro

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AMERICANS HIT BACK AGAINST TRUMP ON PRESIDENTS DAY

metroNEWS

Your essential daily news | TUESDAY, FEBRUARY 21, 2017 | High 11°C/Low 5°C Showers

RICHARD LAUTENS/TORSTAR NEWS SERVICE VIA GETTY IMAGES

'King Street is more than an inconvenience. It's a daily injustice'

Matt Elliott lays out 3 simple rules to fix one of Toronto's busiest streets

metroNEWS

Toronto lawyer fighting Air Canada

CLOSED CAPTIONING

Passenger pushes for more in-flight movies for deaf people

Sarah-Joyce Battersby
Metro | Toronto

Forget about flying first class — Joe Sussman still feels like a second-class citizen on airplanes.

The Toronto lawyer, who was born deaf, has been demanding Air Canada improve closed captioning on in-flight movies for more than four years.

"It's insulting," he said. "People with disabilities are being deprived of a service that should be given to everyone equally."

His most recent complaint was sparked by a trip to Montego Bay, Jamaica earlier this month on Air Canada's low-cost carrier, Rouge.

Sussman, 32, who regained some hearing at 13 thanks to cochlear implants, took the trip in part to rejuvenate after complications derailed a recent operation to replace the aging implants.

Completely deaf again for the first time in almost 20 years, Sussman shuffled through the movie and TV shows on the airline's free app, installed on his iPad. After trying more than a dozen, he gave up when none came equipped with closed captioning or subtitles.

"There was a common theme," he said. "I wasn't going to try every single one."

In an emailed statement, Air Canada said it is aware of the issue, blaming the lack of choice on the content providers and technological limitations, adding improvements are on the horizon.

"We sincerely regret situations like this when customers are unable to find something satisfactory to watch while flying," the statement read in part.

The airline added it currently offers eight titles with some form of captioning on its Rouge flights.

Its website showed 82 movies and 150 episodes of television available for a February flight between Toronto and Montego Bay.

Toronto lawyer Joe Sussman.
EDUARDO LIMA/METRO

Sussman doesn't buy the technology excuse, saying "it's not rocket science," and adding Netflix, YouTube and broadcast television widely offer captions.

For now, he is waiting for a satisfactory response to a complaint lodged on the airline's Facebook page. If one doesn't come, he might go to the Canadian Human Rights Tribunal.

But this is just the latest annoyance for Sussman.

His life is filled with them, like paying for a voice plan on his smartphone though he relies solely on text and data.

"If you put yourself in (people with disabilities') shoes you would be pretty frustrated too," he said.

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Source: A Forum poll of 2,000 Canadians in August 2016.
This message is the view of one Canadian interviewed in January 2017. A JTI-Macdonald Corp. initiative.

metro NEWS

Your essential daily news

Quebec's maple syrup producers demand more freedoms to compete. **Canada**

'Path to excellence' for Toronto police

LAW ENFORCEMENT

Neighbourhood policing leads task force plans for change

"Like bending granite."

That's how challenging it can be to change attitudes, practices and perspectives within policing organizations, declared academic Dorothy Guyot, author of 1991 book Policing as Though People Matter, after observing the monumental task of reorganizing police forces throughout the U.S..

Not impossible. But miles from easy.

Last month, a Toronto police task force unveiled its own attempt at the proverbial granite bending — a road map to modernize Toronto police services, increase public trust and cut costs.

The result of a year's work by a civilian and police committee led by Toronto police chief Mark Saunders and police board chair Andy Pringle, the so-called transformational task force report claims to have found $100 million in savings and recommends everything from redrawing the divisional map and overhauling emergency call dispatch to a hiring freeze.

"This plan defines the path to excellence for the Toronto Police Service. It envisions an organization that is an international leader in providing trusted community-focused policing," Saunders and Pringle wrote in a Toronto police report, in advance of the police board's meeting this week.

As the board prepares to debate the final report, the document is receiving mixed reviews from experts and critics who know the monumental task requires calculated planning and clear objectives.

Overall, it's "a very good plan," says Fred Kaustinen, executive director of the Ontario Association of Police Services Boards and an expert in transformational leadership. "The stated intentions are noble, principles are contemporary, and the goals are both lofty and appropriate."

Chief among those goals is what the task force calls "neighbourhood centric policing," a response to public criticism that officers, often holed up in their cruisers, don't know the communities they serve and too rarely build a rapport, leading to adversarial relationships.

The report recommends that officers be assigned to neighbourhoods for a minimum of three years, allowing communities and officers time to build trust.

"The single most important aspect of this plan is neighbourhood policing. Transformation here will make or break the entire initiative," Kaustinen said.

Buy-in to the neighbourhood officer program — a brand of policing that prizes communication and crime prevention over catching bad guys — will require a force-wide culture shift, something the task force has acknowledged as the essential underpinning of the recommendations.

But critics say the report has yet to clearly define the desired culture and spell out concrete ways to foster it.

"To show some authenticity in this process would be to define the culture, and say: 'here's what it is now, and here's the vision of where we want to move it to,'" said Paul McKenna, an adjunct professor at Dalhousie University and public safety consultant who has worked with Toronto police and the RCMP.

Meaghan Gray, spokesperson for the Toronto police, said the first step is to have an independent cultural assessment.

TORSTAR NEWS SERVICE

HIGHLIGHTS

- A three-year freeze on promotions and hiring.
- Shuttering of the controversial Toronto Anti-Violence Intervention Strategy unit.
- Closing some of the 17 police divisions and redesigning divisional map.
- Overhauling paid duty so off-duty officers are used in situations only where their "skills, authorities and training" are necessary.
- Using alternative or shared service delivery of court services and parking enforcement, including using more civilians.

Humans of Toronto by K. Omar

"I'm aboriginal and my grandfather came from France. So, being third-generation Canadian is strange. We still have a long way to go. A lot of people in this day and age talk a big talk — and it's not just about aboriginal people, it's about being a member of Canadian society in general, regardless of your background, culture, needs and desires. We're all still second-class until they see it benefiting them in the long run. They're dashing out money to keep up with the needs of aboriginal people, but it'll be generations and generations before for the aboriginal community starts to rise up and educate themselves and start to collaborate. When it comes down to it, nobody's going to take care of you. No one is going to come down, take your hand, guide you and say: 'Here, this is the way, this is the path.'

Humans of Toronto is K. Omar's social photography project aimed at photographing and talking to people in the city. Selections from her work feature weekly in Metro. See more at Humans of Toronto on Instagram.

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Ending a 'troubling' trend

ACTIVISM!

Group stands in solidarity against Islamophobia

Gilbert Ngabo
Metro | Toronto

Local Muslims and allies are coming together in solidarity to quash Islamophobia following a string of hateful incidents.

The group, Uniting Muslims and Allies for Humanity (UMAH), formed following last month's terrorist attack that killed six people at a mosque in Quebec. Organizers say they've seen a "troubling" trend of Islamophobic incidents since then, and it needs to stop now.

"These heinous acts are unwelcome in Canada and in any other country and we must come together as a community to end this," said Farheen Khan, one of the people behind the effort.

UMAH organized the Evening of Solidarity on Family Day in Toronto and in Peel Region, both to mark World Social Justice Day and remember victims of the Quebec attack. Similar events will be organized in the future across the country to educate people about the importance of diversity and the dangers of Islamophobia, she said.

The effort comes on the heels of an anti-Muslim rally that took place outside a downtown mosque last week, with protesters carrying signs and shouting catchphrases to ban Islam as a religion. Many people, including Mayor John Tory, denounced the protest and called for unity of religions.

Far-right groups are planning further rallies across Canada in early March.

Tory also condemned an incident on Sunday in which anti-Semitic notes were found outside Jewish homes in North York. In a statement he wrote, "Anti-Semitism has no place in Toronto."

Anti-Muslim sentiments seem to have increased since Mississauga MP Iqra Khalid introduced Motion 103 last fall, which asked the House of Commons to condemn religious discrimination and Islamophobia.

The motion will be debated at Parliament this week, but Khan said it's disconcerting to hear some parliamentarians are opposed to it.

"These are individuals among our elected officials, and they are opposed to the idea of challenging rules of discrimination. That's troubling," she said. "It speaks to the kind of administration we've had in the last decade and the seeds planted during that time."

Last week four Conservative leadership candidates attended a raucous Toronto rally organized by a far-right online media outlet. The rally was largely organized to show opposition to the non-binding and symbolic motion.

The best way to address the growing trend of Islamophobia is to ensure diversity and increase social interactions, University of Toronto professor Neda Maghbouleh said. Non-Muslims who regularly interact with Muslims have a more positive impression of Islam than those who don't, she said.

"Real experiences and personal connections are key," she added.

From left: Sandra Noe, Farheen Khan and J. Khawja are part of the group of organizers behind Evening of Solidarity events against Islamophobia, and members of Uniting Muslims and Allies for Humanity. EDUARDO LIMA/METRO

MENTAL HEALTH

Racism is bad for you

Racism will shatter a person's self-esteem, rob them of their sense of security, sink their feelings of belonging. But, according to some health authorities, racial discrimination can have a broad, damaging effect on physical health as well.

A Toronto doctor is urging public health officials to add racism to the list of social conditions that help or hinder health quality, alongside income, employment and education.

Dr. Onye Nnorom, of the University of Toronto's Dalla Lana School of Public Health says that, in particular, Canadians who identify as black suffer worse socioeconomic outcomes than non-minorities and, as a result, have worse health outcomes.

"We really take pride in our multiculturalism and like to think of Canada as this melting pot where all children have the opportunity to reach their full potential," Nnorom said. "However right now, that's not the case."

In Canada's 2011 National Household Survey, black Canadians reported a median annual income of over $24,000, compared to $31,000 for non-visible minorities.

In 2013 the City of Toronto reported black and Arab residents had an unemployment rate of 12 per cent compared to 6 per cent for non-radicalized citizens.

The stress of being targeted directly by racism can be a detriment to health too, she added.

When racial or ethnic identities are tracked in a healthcare context, they are more likely to be lumped together as "visible minorities," Nnorom said.

"This ... is a call to my fellow public health practitioners to investigate this issue further," she told the audience. "And to collaborate with multi-disciplinary partners so we can remedy these problems to the best of our ability." TORSTAR NEWS SERVICE

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SEND US YOUR POSTCARD Each day until July 1, Metro will feature one reader's postcard in our editions across the country, on Metronews.ca and our 150postcards Instagram page. Get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. Email us at **scene@metronews.ca** or post to Instagram or Twitter with the hashtag **#150postcards.**

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Families take lead in stories

INDIGENOUS ISSUES

Murdered women's lives, culture revealed in exhibition

Ali Vanderkruyk
Metro | Toronto

How she lived, how she is loved and how much she is missed.

Those words encapsulate Shades of Our Sisters, a new immersive exhibition created by Ryerson students and the families of Patricia Carpenter and Sonya Cywink — two of the more than 1,200 missing and murdered Indigenous women across Canada.

The documentary and installation series takes an innovative angle to telling the women's stories. Upwind Productions, a group of eight students involved, calls it the "families first approach" — where loved ones act as producers in a bid to make the stories more human.

The exhibit takes people inside the women's lives and culture. Using intimate spaces, it includes a loose representation of the Carpenter family living room and an interactive map of Cywink's Whitefish River Nation region.

Patricia Carpenter's mother, Joyce, was among the family members who helped create the Shades of Our Sisters exhibit. ALL PHOTOS CONTRIBUTED

As they enter, visitors are given tobacco ties as something to hold onto "to be grounded, to take one of the medicines of our people and offer them back to the families and the end of their walkthrough," explains Sonya's sister, Maggie Cywink.

Sonya Nadine Mae Cywink, left, was 32 years old when she was found dead in Elgin County, Ont., in 1994. Patricia "Trish" Carpenter was 14 years old when was found dead at a Toronto construction site in 1992. Both cases remain unsolved.

Once the exhibition closes, the ties — small bundles of tobacco wrapped in fabric — will be burned in a sacred fire where thoughts will be offered in prayer. Content from the project will remain online as a digital vigil that can be shared across Canada.

The title, Shades of Our Sisters, originates from an Ojibwe understanding, described by Maggie Cywink, as "the remembrances and essence that are very much alive in this world once they pass over to the next."

"As short as their lives were, they brought to this world something that is important to teach to those they have left behind," she said.

DETAILS

- Shades of Our Sisters is making its way to various communities with stops in Alderville (Feb. 21-22) and Whitefish River First Nation (Feb. 24-25).
- The exhibit will live online once the tour wraps up. Check shadesofoursisters.com.

Toronto DIGEST

Driver clocked at 203 km/h
Toronto police have charged a 24-year-old man after they say a car hit speeds of more than 200 km/h on a Scarborough street early Monday. The car's speed was measured at 203 km/h in an area where the speed limit is 60 km/h.

Stabbing near Chinatown
A man in his mid-20s remained in non-life-threatening condition after an early morning stabbing near Chinatown on Family Day.

The man suffered a stab wound to his back. There was no word on any possible suspects.

No cellphones in class
Earl Grey Senior Public School students were told this week that they would have to leave their cellphones in their lockers during and between classes starting Tuesday.

Staff, parents and students are looking "to minimize distractions," school principal Bill Vatzolas wrote in a letter to parents.

TORSTAR NEWS SERVICE

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Montreal now a sanctuary city

IMMIGRATION

Designation means refugees have full access to local services

Montreal city council passed a motion Monday making it the latest Canadian jurisdiction to declare itself a "sanctuary city" for non-status immigrants.

The designation means undocumented refugees will have full access to local services regardless of their situation, with the city following in the footsteps of Toronto, Hamilton and London, Ont.

Mayor Denis Coderre told reporters he felt compelled to act because of events in the U.S.

"One of the reasons I've done that is clearly because of what's happening in the United States and what I'm witnessing in Europe," Coderre said.

In recent weeks, more and more people have flowed illegally across the U.S. border into Canada as President Donald Trump cracks down on illegal immigration and imposes new restrictions on refugees. Canada Border Services Agency says 452 people filed a claim for refugee asylum at Quebec-U.S. land border crossings in January.

Given that current context, several Canadian cities have expressed interest in adopting similar motions, including Ottawa, Saskatoon and Regina.

Toronto became Canada's first sanctuary city in 2013.

Coderre, a former federal immigration minister, assured the measures will go beyond symbolism and help those most in need.

Available services would include access to municipal programs and buildings, including libraries and recreation centres, while Coderre said he wants to discuss major issues such as health, housing and education with provincial and federal authorities.

"The bottom line is to integrate them," he said. "And if you don't have a criminal case (or pose a security risk), we will normalize your situation. You will be able to remain here."

THE CANADIAN PRESS

A family of asylum claimants cross the border into Canada from the U.S. Monday, near Hemmingford, Que, an hour outside of Montreal. PAUL CHIASSON/THE CANADIAN PRESS

Poll warns of anti-refugee sentiments

David P. Ball
Metro | Vancouver

Sunday's Conservative leadership debate in Vancouver continued to raise alarm over the federal Liberals' refugee policies, as the flood of asylum-seekers swells over the U.S. border into Manitoba, Quebec, and B.C.

But while some have dismissed anti-refugee sentiment as "fringe," a new opinion poll suggests it's more widely shared by Canadians than previously thought, even if it's a minority.

An Angus Reid Institute survey of 1,508 Canadians discovered that one-in-four would support a Donald Trump-style ban on accepting Syrian refugees into the country.

It appears that not all Canadians are welcoming of the newcomers. More than half, for instance, agreed with the statement: "Too many refugees don't make enough of an effort to fit into mainstream Canadian society."

Nicole Varin stocks shelves in Oka, Quebec. THE CANADIAN PRESS

Syrup producers struggle for 'a little freedom'

Quebec, the world's largest producer of maple syrup, is ramping up output as it fends off rising competition from the U.S. and neighbouring provinces as well as a farmer rebellion from within.

The province is adding five million taps over the next two years to its existing 43 million spigots. Simon Trepanier, executive director of the Quebec Maple Syrup Federation, says that is intended to satisfy a growing appetite for the natural sugar, which is increasingly being used as an ingredient in food and drinks.

More than 90 per cent of the record 73 million kilograms of maple syrup made in Canada last year was tapped in Quebec, according to Statistics Canada. Yet the province's near-monopoly over the maple syrup market is loosening.

Despite a 30 per cent increase in production over the last decade, Quebec's share of global output has fallen from a high of about 82 per cent in 2003 to nearly 71 per cent last year, according to data from Statistics Canada and the U.S. Department of Agriculture.

The problem, some say, lies with the tight grip that the Quebec Maple Syrup Federation has over the province's maple syrup producers. The group sets quotas and prices that Quebec sugar shacks have to abide by, requires they sell to authorized buyers and pay an administrative fee on their output.

THE CANADIAN PRESS

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Arturo Gomez participates in a protest near Trump Tower on Monday in Chicago. GETTY IMAGES

Thousands turn a holiday on its head

ACTIVISM!

Rallies across the U.S. dubbed Not My President's Day

Thousands of demonstrators turned out Monday across the U.S. to challenge Donald Trump in a Presidents Day protest dubbed Not My President's Day.

The events on the federal holiday didn't draw nearly as many people as the million-plus who thronged the streets following the Republican president's inauguration a month earlier, but the message was similar.

Thousands of flag-waving protesters lined up outside Central Park in Manhattan. Many in the crowd chanted "No ban, no wall. The Trump regime has got to fall." They held aloft signs saying "Uphold the Constitution Now" and "Impeach the Liar."

A rally in downtown Los Angeles also drew thousands. Demonstrators there called attention to Trump's crackdown on immigration and his party's response to climate change and the environment. Organizers said they chose to rally on the holiday as a way to honour past presidents by exercising their constitutional right to assemble and peacefully protest.

In Chicago, several hundred rallied across the river from the Trump Tower, shouting "Hey, hey, ho, ho, Donald Trump has got to go."

Rebecca Wolfram of Chicago, who's in her 60s, said concerns about climate change and immigrant rights under Trump prompted her to start attending rallies.

"I'm trying to demonstrate as much as possible until I figure out what else to do," said Wolfram, who held a sign that said "Old white ladies are really displeased."

Several hundred demonstrated in Washington, D.C. Dozens gathered around the fountain in Dupont Circle chanting "Dump Trump" and "Love, not hate: That's what makes America great."

Dozens marched through midtown Atlanta for a rally named with a Georgia flavour: "ImPEACH NOW! (Not My) President's Day March."

Hundreds of protesters chanting "This is what democracy looks like" marched through Salt Lake City.

The Salt Lake Tribune reports that the crowd marched to push back against Trump and his administration's stance on such issues as the environment, immigration, free speech and Russia.

Some people raised signs that said "Not My President," while others held up a large American flag. Protester Reg Brookings warned the crowd that Trump is trying to divide the country by making such groups as immigrants the enemy.

THE ASSOCIATED PRESS

GLOBAL DIGEST

Trump taps military strategist to replace Flynn
President Donald Trump has tapped Army Lt. Gen. H.R. McMaster, a prominent military strategist known as a creative thinker, as his new national security adviser, replacing the ousted Michael Flynn.

Trump said Monday that McMaster is "a man of tremendous talent and tremendous experience." AP

Russia's ambassador to United Nations dies
Russia's ambassador to the United Nations, a veteran diplomat known as a potent, savvy yet personable voice for his country's interests who could both spar and get along with his Western counterparts, died suddenly Monday after falling ill in his office at Russia's UN mission.

Vitaly Churkin died in hospital. AP

Five killed as plane hits Australian mall
Five people were believed killed when a light plane crashed in flames into a shopping mall on Tuesday in the Australian city of Melbourne, officials said.

Police Assistant Commissioner Stephen Leane said it appeared that no one aboard the plane had survived. No one on the ground was injured. AP

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metro VIEWS
Your essential daily news
Tuesday, February 21, 2017

SHREE PARADKAR ON MARKETING TO GIRLS

There's nothing ha-ha funny or cute about clothes that blare out words such as 'Future bride,' 'Allergic to Algebra,' and 'I only date heroes.'

If apparel oft proclaims the man, when it comes to girls, it appears to oft proclaim them sexual objects from a very young age.

It's 2017, and objectification of girls should have been a long-shunned shame of the past. Perhaps there is such polarization on the perception of equality (Girls' lives matter. No, ALL lives matter!) that issues around negative social messaging for girls are blindingly obvious to some and completely obscure to others.

What else might explain why push-up bikinis have been made for little girls or clothes with dumb messages, or, for heaven's sakes, pacifiers that say "Flirt."

There's nothing ha-ha funny or cute about clothes that blare out words such as "Future bride," "Allergic to Algebra," and "I only date heroes."

Pressure on girls has intensified instead of easing up. They have to look pretty, as defined by euro-centric values, they have to be thin, and even sexy. The window in which to build resilience is rapidly shrinking.

The number of girls under age 18 who got breast implants tripled, from 3,872 to 11,326 in one year (from 2002 to 2003), an American Psychological Association report says.

Women's bodies have historically been decorative sexualized objects, but girls are not miniature women. Their still-forming ability to process cultural messaging makes them susceptible to marketing. If women end up with health issues — eating disorders, depression — in struggling to meet some arbitrarily ascribed fantasy for a body that extracts its pound of flesh, the seeds of that lowered self-esteem are sown when they are little girls.

It's easy for me to roll my eyes at the magazines on grocery check-out counters featuring digitally manipulated images of thin, tall white women. How to get hot bikini bods! How to tighten your butt! When I see diverse little girls gazing at them in wonder, though, the only tightness I feel is in my heart as they soak in the glamour and unconsciously create their illusory ideals of beauty.

Re-write Billboards with messages like 'Follow your dreams, even the wild ones' were rolled out across Canada last week as part of a campaign to empower girls. SUPPLIED/CANADIAN WOMEN'S FOUNDATION

Perhaps those who buy and sell these hyper-sexualized messages have themselves bought into narrow ideals of female attractiveness. Perhaps the attendant suffering is all they know, which is why they perpetuate it.

The question is, how to break that cycle?

A cross-Canada ad campaign launched last week is trying to neutralize some of these harmful missives. For about six weeks, 30 cities and towns will feature dozens of highway billboards and subway posters roaring out messages like "Follow your dreams, even the wild ones," "Girls are fierce like tigers" and "You don't need to be perfect, you need to be YOU!" These messages, from Fayla, 9, Julia, 7, and Ava, 7, (in that order), were selected for Toronto from thousands that poured in from across Canada in a #GirlPowered campaign co-created by the Canadian Women's Foundation and ad agency Havas.

"We wanted to use the same media to send out a different message that was oversized and empowering," says Paulette Senior, president and CEO of Canadian Women's Foundation.

"Girls are powerful beyond what they know themselves to be. We wanted them to maintain their sense of self, and not be so encumbered by messages of who they are."

The campaign launched in October, when it marked the International Day of the Girl Child with an event in downtown Toronto. Young girls were asked to share a message for their peers, then their responses were flashed on a billboard in real time. The excited reactions resulted in a heart-warming video that got shared by Upworthy, meaning, instead of the hundreds of views the organizers expected, it got hundreds of thousands.

The video was then shared on girlpowered.ca where girls are being asked to submit their own messages.

Cory Eisentraut, the VP and Creative Director of Havas Canada, the creative force behind the ad, is in talks to remake the concept internationally. This was also one of the times when his work turned into a meaningful conversation at home. When his daughter Claire, 9, sat down to compose a message, her 8-year-old brother sat in. They discussed ideas that soon devolved into "Girls are better than boys."

It gave Eisentraut the chance to chime in. "It isn't about better or best. It's about equal," followed by a discussion on what equal means.

I wonder, though, if campaigns like these spur conversations in households where parents are already reflective. What role do they play in changing minds or at least provoking introspection? Or do people tell their daughters they are tigers but not unpack or model the specifics themselves?

The best hope for systemic change is when women take on corporate leadership roles.

By some estimates, it will take about 40 years for North American boardrooms to achieve gender parity. Looks like we're relying on the "girls are tigers" messengers to also do the heavy lifting in the future.

Let us, as adults at least, enable them by dialing down our dumbness.

Shree Paradkar is a Toronto Star columnist and digital editor. She tackles issues of race and gender.

Three simple rules for fixing King Street

TORY'S TORONTO
Matt Elliott

If you want to know why Toronto chief planner Jennifer Keesmaat's push to transform King Street into a transit-focused corridor is necessary, you don't need to understand lofty urbanist theory. You just need to understand the numbers.

The streetcar on King carries about 65,000 people each day, more passengers than the Sheppard Subway. Those 65,000 people face ridiculous traffic congestion, to the point where streetcars regularly move at walking speed.

The cause of virtually all of that congestion? People in cars. And yet those in cars make up just 16 per cent of the road users on King Street.

King Street is more than an inconvenience. It's a daily injustice.

Addressing this is long overdue. So I was delighted last week to see Keesmaat and her team unveil three options for making King work better for the majority of users while still preserving access to private driveways.

If all goes well, the three options will be narrowed to one solution and approved this spring. A pilot project should be in place by the fall.

My enthusiasm for all this is tempered only by a nagging fear that the city will find some way to screw it up.

So, to help avoid that, here are some rules to govern the rest of this process — to ensure that this attempt to fix the King does not miss.

Rule 1: Do not try to make this plan do all things for all people

It would be awesome if King could become a true representation of what planners call a "complete street" — one that perfectly accommodates all road users.

But the truth is that King Street is a narrow corridor, and providing wide sidewalks, dedicated bike lanes and a fast transit corridor may be impossible. Don't try to fight that reality.

Rule 2: Get the data — and listen to it

One of the benefits of doing this transformation as a pilot project is the city will have ample ability to collect data on how the change affects everything from travel speeds to local business activity.

That data, not fearmongering about how this could destroy businesses or whatever, should be used to determine the right track forward.

Rule 3: Do not let perfect be the enemy of good

It's fair to look at these plans for King Street and think they do not go far enough. Maybe the city should find a way to totally banish cars, for instance, or rearrange the streetcar tracks to allow for true dedicated bike lanes.

Those ideas are amazing, but neither cheap nor quick. Holding up an achievable pilot project to chase a more perfect solution is a losing strategy.

Keep the comprehensive plans on file, but let's focus first on getting our King's priorities straight.

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metro LIFE

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Tuesday, February 21, 2017

Right-wing provocateur Milo Yiannopoulos' publisher has cancelled his planned book, Dangerous. The Simon & Schuster announcement came after the Breitbart editor tried to clarify his comments on child abuse.

Life without an Instagram filter

HEALTH

More people opting to switch off from device-driven days for a digital detox

When songwriter Natasha Valencia lost her phone three times in one day — at a coffee shop, in her car, and under a pillow — she wasn't bothered.

In fact, she felt more "in control" that Sunday in December. When her boyfriend found her iPhone 5S and offered it back to her, she didn't want it.

"I felt a little freer to go about my day not attached to anything, not feeling like I needed a device to get through the day," she says.

So Valencia, 22, decided to make going phone-free a Sunday habit. Her accidental digital detox is now deliberate. Every Saturday night, instead of charging the phone at her bedside, she leaves it on silent mode in a drawer of her apothecary table until Monday morning.

"Out of sight out of mind," says the Torontonian. "I've noticed my thoughts are clearer on those days (without my phone)."

The products of the digital age — smartphones and laptops and tomorrow's innovations — are increasingly met with trepidation as the "dark side" to these devices, are exposed, says technology analyst Carmi Levy. The potential to be hacked, tracked, robbed, and overworked or to become an "addict" to our devices is a growing concern. The discourse has changed from one of innovation and awe to apprehension.

"We're increasingly looking for solutions that allow us to disconnect, and gracefully find some time to recharge our battery," says Levy.

"Digital detox" is now part of the lexicon as weekend getaways encourage "unplugging." Social networking sites rise and fall like the short-lived video-sharing Vine app, and other goliaths including Facebook are losing users, according to tech research groups. More people are downgrading to flip phones, those relics of the early decade, according to research firm IDC. Nokia is rumoured to be launching a throwback to the basic cellphone it first sold 17 years ago, according to VentureBeat.

"We're finally starting to wake up to the realities of what the always-on lifestyle is costing us," says Levy. We're overworked and over-connected. "Smartphones very quietly break down the barriers that once existed between our professional and personal lives."

That lifestyle began in January 2007 when Apple launched the iPhone. South of the border, it was called a revolution by founder Steve Jobs. "Every once in a while a revolutionary product comes along that changes everything," said Jobs.

Levy remembers the launch "like it was yesterday."

"I often call these moments inflection points, and Jobs' reveal certainly was one," he says. Smartphones started the "mobile revolution" changing how the world communicates.

A few months earlier, Mark Zuckerberg had opened Facebook. The iPhone would become the dwelling place of the social network with more than 147 million monthly active users by 2013.

Some who desire an escape from their digital life literally run for the hills. A Toronto "camp for adults" asks some 250 participants to "step away from their adult persona and find their inner kid," says Emma Brooks, one of eight co-founders of Camp Reset, an "adult summer camp and digital detox" offering its fourth four-day excursion this June at Camp Wahanowin in Orillia.

Camp Reset is four days of meditation, yoga and forest dance parties, devoid of real names, talk of work and devices. Camp Reset is four days of meditation, yoga and forest dance parties, devoid of real names, talk of work and devices, which are discarded in a ceremony at the start of the weekend. Campers take a no-phones pledge and press a giant wooden button with the word "RESET" on it.

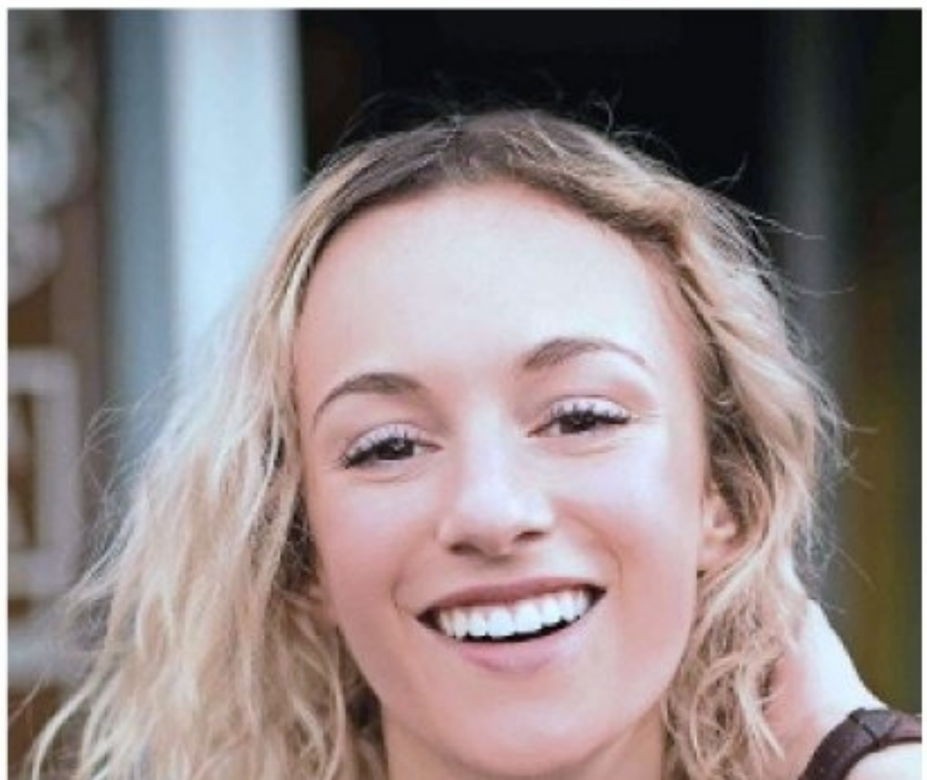
A similar pledge was the task at hand for the mostly 19- and 20-year-old students in Trent Cruz's Social Media, Virtual gaming and Networked Life class at Western University. His students defined the terms of their own weeklong digital cleanse — some cut out certain apps, others put their phones aside entirely — and wrote journal entries about the experience.

"There's a lot of anxiety around social media, the use of it or abstaining from it," says Cruz. This is why it was so difficult for his students to abstain from sites and apps including Facebook and Snapchat. Among their biggest concerns were the fear of missing out, or FOMO, and what to do when they were alone.

Valencia learned to give herself "permission" to be alone during her Sunday detox as though the mobile revolution of the last decade forced a kind of obligatory connection. Now she's more aware of the time she spends on devices during weekdays and how it affects her anxiety levels and her music.

"Being alone is good," she says. "You just kind of sit."

Now when she's out shopping and waiting for a friend or writing at a coffee shop, she chooses to "look around at the world," instead of at a screen. Especially on Sundays. TORSTAR NEWS SERVICE



Natasha Valencia, 22, is a Toronto songwriter who accidentally detoxed from her iPhone one Sunday and has made a point of doing a Sunday detox every week from her devices and social media. TORSTAR NEWS SERVICE

JOHANNA SCHNELLER WHAT I'M WATCHING

Crashing on the couch of a really Lazyman Comedy

In Crashing, Pete Holmes crashes on the couches of better comedians who make guest appearances. CONTRIBUTED

THE SHOW: Crashing, Season 1, Episode 4 (HBO)
THE MOMENT: The drug deal

Pete (Pete Holmes), a meh comedian whose wife just left him, is passing out flyers for a comedy club when a rival comic steals his corner. Detouring down a side street, he interrupts two guys doing a weed deal.

"I'm so sorry, I'm not a narc," Pete sputters to the dealer. "Though I'm sure that's what narcs say. They're not going to say, 'I'm a narc.'" After another minute of this, Pete asks Dealer how to get his corner back.

"Set it off," Dealer says. "Be a man. Represent."

"Represent an attitude?" Pete asks, earnest but bemused.

"You gotta flip the switch," Dealer says. "You gotta light it up." "Sorry," Pete says, "but this sounds like lyrics from the album Willenium."

There's a potential comic riff in here somewhere, about how square white guys think black guys are automatically cooler. But Holmes, who also writes the show, and Judd Apatow, who directs and produces it, didn't bother to find it. Instead, they let things meander in the general direction of funny.

The series' conceit is that in every episode, Holmes crashes on the couches of better comedians who make guest appearances — an excuse for Apatow to hang out with his pals. So it has the vibe of improv, but without any shape or sharpness. It's Lazyman Comedy.

"I'm too soft to be in a fight," Pete says. "I'd be like a mattress going at it." It's a good description of the show. What I can't figure out is why we're supposed to care.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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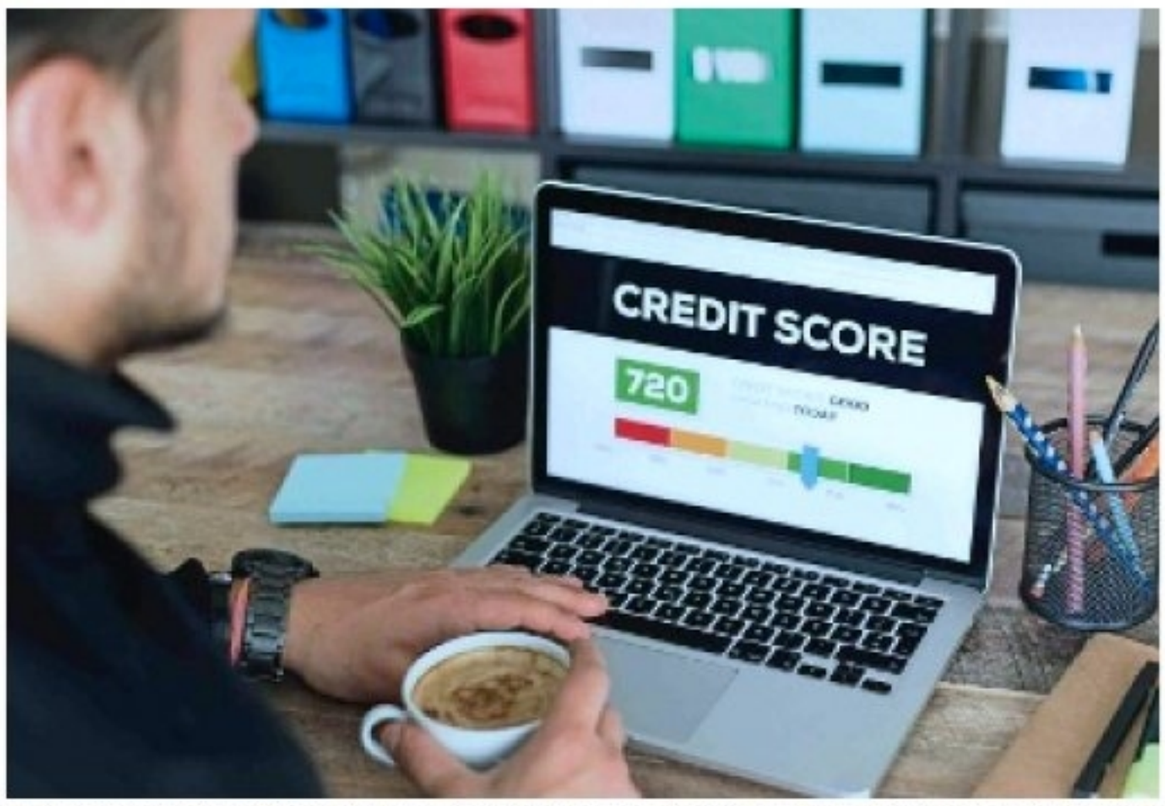
ADVICE

Your credit history will follow you for life; get it right

Gail Vaz-Oxlade
For Metro Canada



Using a secured credit card is the easiest way to establish a clear line-of-credit history that will count towards a positive credit score. ISTOCK

Want to have the ability to borrow money? You're going to have to establish a credit history. And it's not as hard as some people think.

1. Get a secured credit card
The fastest, cheapest and easiest way to establish a credit history is with a secured credit card. Since there's no risk to the lender because you've put up the cash to cover your balance, secured cards are great for new borrowers or people trying to re-establish credit after a bankruptcy.

Lenders usually want twice the credit card limit. So if you want a $500 credit limit, you'll have to ante up $1,000. Once you've established your ability to manage the card — anywhere from six months to a year — you can ask for the security requirement to be dropped and your deposit returned.

2. Get a gas or department store card
These cards are often easier to get and can be good ways to establish credit. The interest rates on these cards can be astronomical, but as long as pay your bill in full and on time it makes no difference what the interest rate is.

3. Borrow for an RRSP
While an RRSP is not officially used as collateral for the loan, lenders know where to find their money so approvals come more easily and the interest rate won't be horrendous. Make sure you only borrow as much as you can afford to repay in six months. How much you borrow doesn't mean much; repaying the loan quickly without a misstep does. Once the loan is repaid in full, use the amount you were using to repay the loan as your monthly retirement savings contribution. Now you're building up your assets, which will be good for your credit history too.

4. Put up collateral
Collateral comes in all sorts of forms: from the car you're buying to those GICs you've got stashed away. If you have something a lender values, you're in the money.

$ USE IT BETTER

Get smart with your credit
Of course, getting credit is only the first step to building a credit history. How you use it will be the real test.

1. Pay all your bills on time. Yes, including your cellphone bill, since some cell providers report to the credit bureau.

2. Avoid applying for credit too often. Repeated requests for credit can be interpreted as a sign that you're in trouble, which will adversely affect your score.

3. Charge regularly and pay off in full. Responsible, ongoing use of credit will produce a good credit rating.

4. Don't over-expose yourself. Having multiple forms of credit with small balances can add up quickly and become unmanageable.

5. Don't use credit to pay off credit. Taking cash advances on one card to make payments on another means you're in over your head. Cut back on your spending, get back to the business of using credit to keep your record active and healthy, not to spend money you haven't yet earned.

GAIL VAZ-OXLADE

Millennials surrounded by concrete are creating an urban jungle in their apartments. CARLOS OSORIO/TORSTAR

CULTURE

Millennials nurture their plant babies

Erin Kobayashi
Torstar News Service

My condo started transitioning into an urban jungle when I brought my outdoor plants inside for the winter. Despite my indoor plant collection doubling in size, I continued rescuing sad tropicals from the basements of retail stores. I stalked nurseries for chubby baby succulents to add to my thriving plant family.

But at 19 plants and counting, I wondered if I was referencing interior designer Justina Blakeney's maximalist "Jungalow" style or showing early signs of a serious hoarding problem.

Igor Josifovic and Judith de Graff, the founders of Urban Jungle Bloggers, recognize my plant addiction and actually celebrate the lifestyle on their blog and social media accounts every day.

"We believe that in today's fast-paced, digitalized world we need to reconnect with nature. Especially the urban dwellers," says Josifovic, "We want a connection to something so basic yet so essential, that will remind us of the 'natural pace of life' beyond smartphones and social media."

In January 2016 Josifovic and de Graff launched the Urban Jungle Bloggers Instagram account and were shocked by its rapid growth. In just over a year, they had a whopping 270,000 followers. Josifovic suspects the enthusiasm for slow-growing, green spaces is a reaction to life in the fast-paced concrete jungle.

Lack of time and limited space can also explain millennials' growing interest in houseplants. Nurseries and garden centres have all seen a small but steady spike in millennial-aged gardeners purchasing houseplants.

Nelson French, an assistant manager at Plant World in Etobicoke echoes Josifovic.

"Plants are a great place to start if you're not sure you're ready to become a parent," he says, "Move from plants to pets and then, just maybe, to kids."

Jewelry designer Sonia Kang, 29, reassured me that if my plants were healthy, I was not a hoarder but rather, a proud plant parent. She should know.

Kang lives in a 409-square-foot bachelor apartment in Toronto's west end with a dog, a guinea pig, and 140 plants, specializing in tropical foliage and citrus trees.

"I recently had to get curtains around my bed. I can't sleep at night because I have grow lights on. My citrus trees require eight to nine hours of light to fruit," she says.

But sacrificing sleep was worth it. "I feel happiness," she says, citing a study by the University College London and Bristol University that naturally occurring soil bacteria has a proven mood-boosting, antidepressant effect. "Gardening caters to my more nurturing side."

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metro SPORTS

"I didn't play any defence": NBA All-Star MVP Anthony Davis who had a record 52-point game in the West's 192-182 win on Sunday in New Orleans

White House? No thanks

POLITICS

Athletes snubbing the U.S. president is nothing new

The routine is familiar. The president makes a few bad jokes. The championship-winning team presents the leader of the free world with a personalized jersey. Everyone smiles for the cameras.

Nothing political about that, right?

Not exactly.

In a divided nation, everything is political.

While presidents have been snubbed before, six players from the Super Bowl champion New England Patriots took it to another level by preemptively turning down an expected invitation from President Trump.

Rest assured, they won't be the last to mix sports and politics.

"The balance of power in professional sports now rests more with the performers than the owners," said Stephen Mosher, a professor of sports management and media at Ithaca College. "Without a labour force, (Patriots owner) Robert Kraft has nothing but an empty stadium. He has to let his employees make these political statements if he wants to win. He has to. There's too many different political views held by players in the National Football League.

"Actually," Mosher added, "I think it's quite refreshing."

The Patriots were part of the political discourse even before they dramatically rallied from 25 points down to beat the Atlanta Falcons in the first Super Bowl to go to overtime.

Kraft is a friend of the 45th president, and quarterback Tom Brady drew plenty of scrutiny when one of Trump's "Make America Great Again" caps was spotted in his locker at the start of the contentious presidential campaign.

Then, with the Patriots still in the midst of their Super Bowl celebration, tight end Martellus Bennett made it clear he had no intention of visiting Trump's White House.

Five teammates — defensive back Devin McCourty, running back LeGarrette Blount, defensive end Chris Long, linebacker Dont'a Hightower and defensive tackle Alan Branch — quickly followed suit. Most pinned their decision on political differences with the Republican administration.

Significant, to be sure.

But nothing new. Some two dozen athletes have turned down the opportunity since these visits started becoming a tradition under President Reagan.

That list includes Brady, who didn't attend a 2015 celebration because of what the quarterback insisted was a "family commitment" but others speculated was because of some unflattering comments a spokesman for President Obama made about the Deflategate scandal.

For some, a trip to the White House was no big deal.

Michael Jordan and Larry Bird fall under that category with the latter shrugging off an invitation from Reagan after the Boston Celtics won an NBA title, crabbily explaining, "If the president wants to see me, he knows where to find me."

Others cited political differences with those in power in declining.

Boston Bruins goaltender Tim Thomas declined to join the 2011 Stanley Cup champions on their White House visit, writing on social media that the government "has grown out of control, threatening the Rights, Liberties, and Property of the People."

Baltimore Ravens centre Matt Birk passed on a chance to meet with Obama because of the president's support of Planned Parenthood. Golfer Tom Lehman was even more outspoken when rebuffing a president, calling Bill Clinton "a draft-dodging baby killer."

THE ASSOCIATED PRESS

The New England Patriots last visited the White House in April 2015 — sans Tom Brady.

WIN MCNAMEE/GETTY IMAGES

> **They keep telling us over and over again that sports and politics don't mix. But that's simply not the case.** Stephen Mosher

MLB

Stroman intent on a better '17

Marcus Stroman wasn't as consistent as he wanted to be in his first full season in the major leagues last year.

So the Blue Jays right-hander streamlined his mechanics in an effort to turn things around.

"Mechanically I got a little out of whack at some point and I just simplified everything on my own," he said on Monday, speaking to reporters for the first time this spring. "That's something I'm going to do this year, kind of in my delivery and my motion, but I feel great.

"I'm excited for what I'm going to do."

Marcus Stroman GETTY IMAGES

Stroman was part of a Toronto rotation that led the American League with a 3.64 earned-run average, a .236 batting average against, and a major-league best 995-1/3 innings pitched last season.

The 25-year-old accounted for 204 of those innings, making him the only Blue Jays starter to surpass 200 on the year. But while he showed durability, Stroman's numbers weren't so impressive: he finished with a 9-10 record and 4.37 ERA through 32 starts.

This year he wants to do better. He took that goal into his off-season training.

"I take unbelievable care of my body. I pride myself on that," Stroman said. "(I'm) five-foot-seven, but that's something that I'm very confident in is my body and what I'm able to do out there.

"I'm pretty sure I can go out there and throw 200, 220, 240 (innings), I feel like I can do that year-in, and year-out, that's the goal, as well as being dominating each and every outing."

THE CANADIAN PRESS

> **I think it might do him some good to go out there and compete in that WBC. That's right up his alley.** John Gibbons

NBA

Kings deal all-star Cousins to Pelicans

DeMarcus Cousins is on his way out of Sacramento — and right into an All-Star frontcourt pairing with Anthony Davis.

The New Orleans Pelicans acquired Cousins in a five-player, two-draft pick deal with the Kings late Sunday night, the same night the centre was playing in the All-Star Game in their arena.

The Kings dealt one of the most talented but temperamental big men in the game along with Omri Casspi to New Orleans for Tyreke Evans, 2016 first-round draft pick Buddy Hield, Langston Galloway and first- and second-round draft picks this summer.

DeMarcus Cousins GETTY IMAGES

Cousins is averaging 27.8 points and 10.6 rebounds this season. He is to become a free agent in 2018. THE ASSOCIATED PRESS

IN BRIEF

Homan perfect through four matches at Scotties

Ontario's Rachel Homan and Manitoba's Michelle Englot stayed unbeaten and out front at the Canadian women's curling championship Monday in St. Catharines, Ont.

Homan downed Alberta's Shannon Kleibrink 6-4 after stealing single points in ends six to eight. She was joined at 4-0 by Englot, who was a 10-5 winner over Stacie Curtis of Newfoundland and Labrador. THE CANADIAN PRESS

NHL

Kadri recognized for a solid week

Winnipeg Jets right-winger Patrik Laine, Toronto Maple Leafs centre Nazem Kadri and Edmonton Oilers centre Connor McDavid are the NHL's three stars of the week.

Laine was named the first star after leading the NHL with five goals — including his third hat trick of the season — and eight points in four games to propel the Jets to a seven-point week.

Kadri had four goals and two assists as the Maple Leafs split their four games last week.

Nazem Kadri GETTY IMAGES

McDavid had two goals and four assists as the Oilers won all three of their games last week.

THE CANADIAN PRESS

Vazquez acquisition sets TFC up for season

MLS

Former Barca man is veteran midfielder with skill, experience

Toronto FC has acquired the last major piece in its off-season puzzle, signing Spanish veteran Victor Vazquez to add creativity and offence to its midfield.

The 30-year-old Vazquez, named Belgium footballer of the year in 2014-15 with Club Brugge, joined the Barcelona academy at age 10 and worked his way up its youth ranks alongside Lionel Messi. But two knee surgeries and a midfield crammed with stars prevented Vazquez from making his mark in the first team.

He made his senior debut for Barcelona on April 12, 2008, and scored off the bench in a Champions League win over Rubin Kazan in his final Barca appearance on Dec. 7, 2010. There were few chances in between. In all, Vazquez spent five seasons in the reserves with just four senior team appearances — two in La Liga and two in the Champions League.

An attacking midfielder was Toronto GM Tim Bezbatchenko's major goal since losing in the MLS Cup final to Seattle last December. Fullback/wingback Justin Morrow, with five goals, was the team's leading scorer last season after forward Sebastian Giovinco (17) and Jozy Altidore (10). Defender Drew Moor, with three goals, was more prolific than TFC's leading midfield scorers — Jonathan Osorio, Marky Delgado, Tsubasa Endoh and Will Johnson (now with Orlando), who had two goals apiece.

Victor Vazquez scored 15 goals in 127 appearances with Belgium's Club Brugge. DEAN MOUHTAROPOULOS/GETTY IMAGES

Toronto has been playing a 3-5-2 formation with captain Michael Bradley as a deep-lying midfielder and Morrow and Steven Beitashour bombing up the flanks. That leaves two spots in the midfield to help generate offence. Panamanian Armando Cooper and Osorio have occupied those roles for the most part. Barring a change in formation or tactics, Vazquez will eat into their minutes. Toronto will look to the Spaniard to help connect its star forwards and to add some offence of his own.

> **In the old world this would have been a designated player.**
> Tim Bezbatchenko

Toronto used targeted allocation money to help fit in Vazquez, who spent last season in Mexico with Cruz Azul, under its salary cap. To qualify for TAM, the player has to make more than the maximum salary — just under $500,000 US — that can count against the MLS cap.

"In the old world this would have been a designated player," said Bezbatchenko. "Now with targeted allocation money, you can buy him down to below the player maximum salary."

Bezbatchenko got Vazquez on a free transfer given the Spaniard had negotiated a release with the Mexican club. It appears Mexico City was not a good fit for his family.

Toronto, which first went after Vazquez in 2014, had three midfielders on its shopping list this time out. That was reduced to two after one dropped out and Vazquez is the one that stuck.

Bezbatchenko said Vazquez should be able to play by the March 4 season opener, given the red tape is almost done. THE CANADIAN PRESS

LA LIGA

Enrique asks fans to help steady Barca ship

Lionel Messi's 90th-minute winner against promoted Leganes did little to ease tensions at Barcelona, which finds itself in the unusual position of having to make peace with its fans.

There were jeers throughout the lacklustre win over Leganes at Camp Nou on Sunday, prompting some players and coach Luis Enrique to leave the field discontent, and demanding more support from the crowd.

It's a relatively new situation for Barcelona, which has been dominant in world soccer for the last decade. And it could get even worse if the club is unable to earn a good result against rival Atletico Madrid next weekend at Vicente Calderon Stadium, where the host has won four in a row in the Spanish league.

"Right now, the players don't need to hear whistling, they need support," Luis Enrique said. "For me, it makes no sense for a fan to jeer the players of his team. What can help is the support that we saw from the majority of the fans, that's what makes us stronger."

Luis Enrique GETTY IMAGES

Barcelona fans are still processing the humiliating 4-0 loss to Paris Saint-Germain in the Champions League last week, which all but ended the team's hopes for a European title. Defeat against Atletico could leave the club in a difficult position to win the Spanish league as well. Barcelona is one point behind leader Real Madrid after 23 rounds, but Real has two games in hand. THE ASSOCIATED PRESS

SOCCER IN BRIEF

Neymar to stand trial

Neymar has lost his final appeal and will stand trial on corruption charges related to his transfer to Barcelona four years ago.

Barcelona, Brazilian club Santos, and the company run by his parents also lost their appeals and will stand trial after a complaint brought by a Brazilian investment group which said it received a smaller compensation because part of the transfer fee was concealed by those involved. THE ASSOCIATED PRESS

Ten death sentences upheld in Egyptian soccer tragedy

Egypt's highest appeals court on Monday upheld the death sentences against 10 people convicted over a soccer riot that killed over 70 fans in 2012, becoming one of the world's deadliest soccer disasters. The verdict by the Court of Cassation is final. The defendants were charged with murder and other charges. The court also upheld convictions of 22 suspects who received up to 10 years in jail over the rioting. THE ASSOCIATED PRESS

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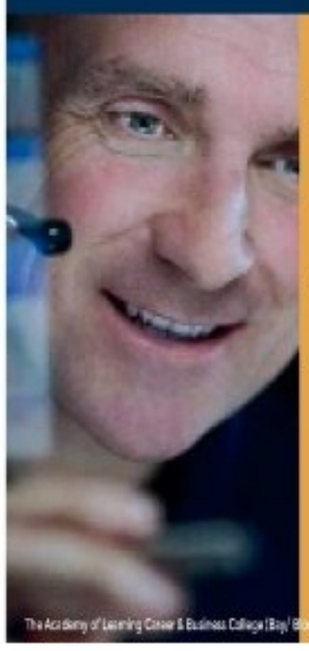

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MAKE IT TONIGHT

Elegant Chicken Milanese

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This dinner has two personalities: elegant, adult dinner or (cut in strips) high-end chicken fingers.

Ready in 30 minutes
Prep time: 15 minutes
Cook time: 15 minutes
Serves 4

Ingredients
- 1 pint of cherry tomatoes
- 1 garlic clove, sliced
- 2 Tbsp olive oil
- 1 Tbsp of balsamic vinegar
- Salt and pepper
- 2 chicken breasts
- 1 cup panko
- 1/3 cup Parmesan cheese, finely grated
- 1 Tbsp lemon zest
- 2 eggs
- 1 or 2 Tbsp olive oil

Directions

1. Preheat oven to 400 F. Place tomatoes, garlic, olive oil, vinegar, salt and pepper on a baking sheet. Toss together then bake 20 minutes. Set aside.

2. With a sharp knife, slice chicken in half so you end up with four thin cutlets. Place each between two sheets of cling film and use a rolling pin to pound until cutlets are 1/4-inch thin.

3. Whisk eggs in a shallow bowl. Mix panko, Parmesan, lemon zest and salt and pepper on a plate. Dip cutlets into egg, then press on each side in the panko mixture and place on a clean plate.

4. Pour olive oil in skillet over medium heat. Place chicken in hot oil and cook on each side till golden brown and crispy, about 5 minutes a side. Serve with fresh arugula and roasted cherry tomatoes.

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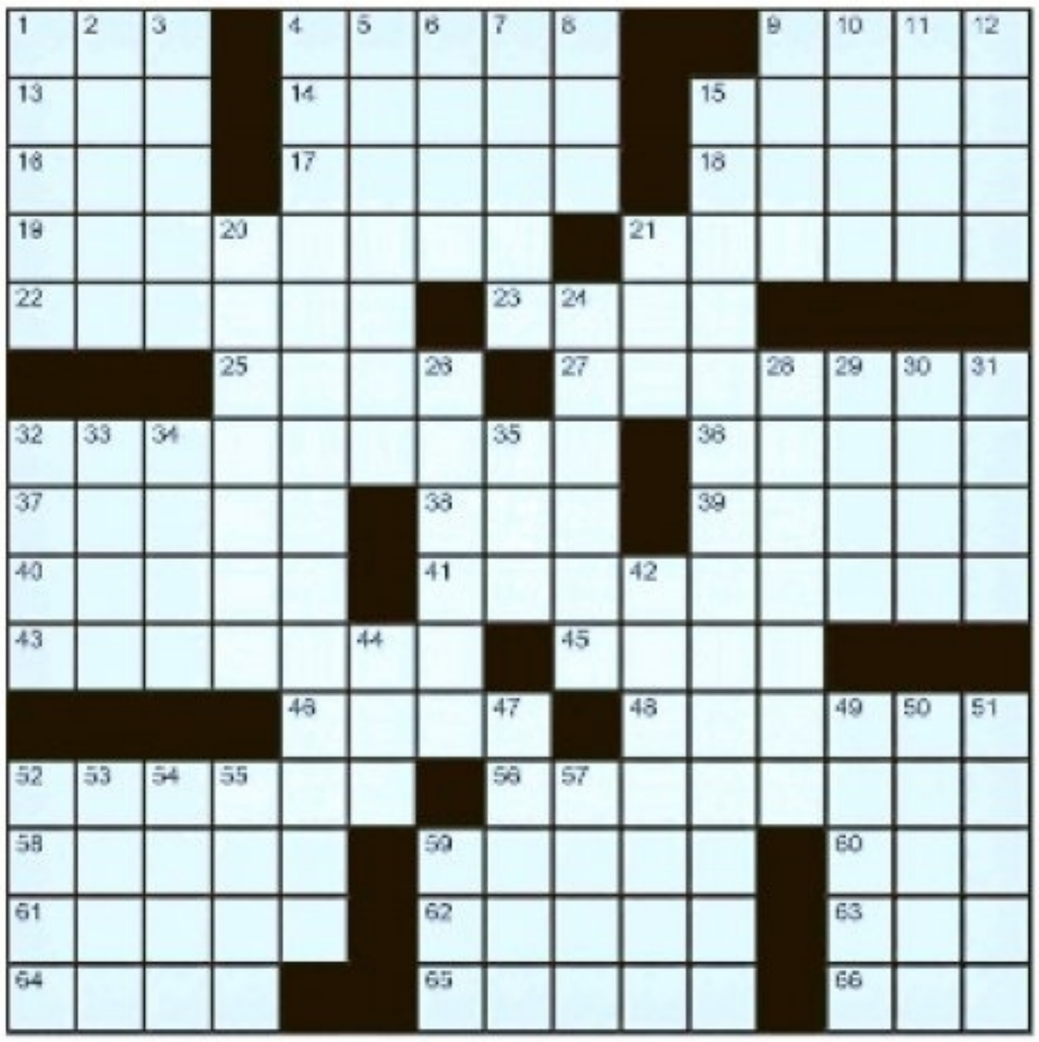
BY KELLY ANN BUCHANAN



ACROSS
1. Scammed
4. Blanketed, to a Bard
9. Boxer's pre-bout garb
13. U2 rock co-producer Brian
14. Actress Ms. Hayes (b.1900 - d.1993)
15. Two-footed
16. Bed-and-Breakfast
17. Towards the ship's left side
18. Overturn
19. Ready: 3 wds.
21. Hysteria
22. "Don't Forget the __" (Game show)
23. Think, archaically
25. "Dr. __"
27. Dutch scholar who wrote The Praise of Folly
32. Vintage house heaters
36. Like unfresh bread
37. Cheese-making process
38. Hair salon product
39. Raise with effort
40. So much, in music
41. Refined fellow
43. Forest of France
45. Golfing hazard
46. Non-verbally agrees
48. Join the army
52. Layout/structure
56. Propensity
58. Egg-shaped
59. __ Quebecois (Political group in Quebec)
60. Pinnacle
61. Like from-the-past fashions
62. Inert†gas
63. "The Golden Girls" name
64. Human 'cap' site
65. Unjustly treat
66. Alternatives

DOWN
1. Katherine of new CBS legal drama "Doubt"
2. Bother
3. Blood giver
4. "__ __ (When I'm Gone)" by Chilliwack
5. Store, as a library book
6. Bump on __
7. Ross who ran for President in the 1990s
8. Wile E. Coyote's blaster
9. Ready for the picking
10. Frank
11. Mercedes-__
12. Country star Mr. Arnold
15. Yukon community on Kluane Lake which is home to the Kluane First Nation: 2 wds.
20. Take, as from a savings account: 2 wds.
21. Pro
24. Begrudge
26. Wedged/stuck
28. Distinctive church feature
29. "Yes, __!"
30. Sea lettuce
31. Perceived
32. __-__-tat-tat
33. Culture†medium
34. Kitchen timer sound!
35. Deli bread
42. Canadian Forces Base community in Southern Ontario
44. __ much (Few)
47. Liverpool drumming legend Ringo
49. Something's start, shortly
50. Thoroughly search or examine
51. Writes using a computer keyboard
52. Spoon's pal
53. Vegetable-roasting place
54. Automatic
55. Morass
57. Consequently
59. Poodle's foot

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a good day to lead others. You will be effective in dealing with friends, but you'll be especially effective with groups. Your enthusiasm will carry the day.

Taurus April 21 - May 21
You impress bosses, VIPs and parents today with your enthusiasm and ability to express yourself in positive terms. It's easy for you to sell any idea that appeals to you.

Gemini May 22 - June 21
This is the perfect day to make big travel plans. This also is a good day to make plans for education, publishing, the media, medicine and the law. Your optimism shapes your thinking.

Cancer June 22 - July 23
Discussions about inheritances and how to divide shared property will be successful today, because all parties will be fair and positive. Everyone will be pleased with results!

Leo July 24 - Aug. 23
Discussions with friends and partners will be upbeat and positive today. It's a great day to make plans for the future, especially about travel and dealing with foreign countries.

Virgo Aug. 24 - Sept. 23
Work-related travel will appeal to you today. You also are enthusiastic about practical plans related to your job. (You're not afraid to tackle something big.)

Libra Sept. 24 - Oct. 23
Creative projects, sports events and your work with children will get a lovely boost today, because you're thinking like a winner! Your optimism is the secret of your success.

Scorpio Oct. 24 - Nov. 22
Go forward with important family discussions today, especially if they relate to major repairs for the home. People are enthusiastic about what can be achieved.

Sagittarius Nov. 23 - Dec. 21
Short trips will delight you today. This is a good day to study anything new or to impart information to others, because people are willing to entertain new ideas.

Capricorn Dec. 22 - Jan. 20
Business and commerce are favored today. Look for ways to boost your income or to get a better job. Work-related travel will appeal.

Aquarius Jan. 21 - Feb. 19
You're in a positive frame of mind today because you expect good things for yourself in the future. Because your expectations are positive, it's quite likely that good results will follow.

Pisces
Feb. 20 - March 20
Research of any kind will go well today because you are in the right frame of mind. You instinctively will investigate areas that will yield the best results.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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4	6	7	1	2	9	8	5	3
5	1	8	4	7	3	9	6	2
3	9	2	5	4	7	6	1	8
1	8	4	2	9	6	5	3	7
6	7	5	8	3	1	2	4	9
2	4	9	3	1	5	7	8	6
7	5	6	9	8	4	3	2	1
8	3	1	7	6	2	4	9	5

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$66 WEEKLY FINANCING† @ **3.49%** FOR 96 MONTHS WITH $0 DOWN

STEP UP TO THE 2017 ULTIMATE FAMILY PACKAGE AND GET

- Tri-zone temperature control
- Uconnect® hands free
- Entertainment group
- SXT Plus group

$11,850 IN TOTAL DISCOUNTS◊

INCLUDES **$1,000** AUTOSHOW BONUS CASH□

OR CHOOSE **0%** FINANCING† FOR 48 MONTHS

2017 DODGE JOURNEY CANADA VALUE PACKAGE - THE MOST VERSATILE CROSSOVER IN ITS CLASS[1]

$64 WEEKLY FINANCING† @ **3.49%** FOR 96 MONTHS WITH $0 DOWN

STEP UP TO THE 2017 ULTIMATE FAMILY PACKAGE AND GET

- Navigation and sound group
- Uconnect® hands free
- Rear seat DVD

$6,200 IN TOTAL DISCOUNTS◊

INCLUDES **$1,000** AUTOSHOW BONUS CASH□

OR CHOOSE **0%** FINANCING† FOR 48 MONTHS

Starting From Price for 2017 Dodge Journey Crossroad shown: $35,640.§

Starting From Price for 2017 Pacifica shown: $38,495.§

$97 WEEKLY FINANCING† @ **0%** FOR 84 MONTHS WITH $4,599 DOWN

2017 PACIFICA TOURING - L
NORTH AMERICAN UTILITY VEHICLE OF THE YEAR

Most technologically advanced minivan ever[2] | Available 8-passenger seating | Tri-pane panoramic sunroof^

- Hands-free power sliding doors and liftgate^
- All-new Uconnect® theatre^
- New easy-tilt seats
- New Stow 'N Go® assist
- Stow 'N Vac^

REBUILDING YOUR CREDIT? SPECIAL RATES AS LOW AS 4.99% OAC*

Your local retailer may charge additional fees for administration/pre-delivery that can range from $0 to $1,098 and anti-theft/safety products that can range from $0 to $1,298. Charges may vary by retailer.

CHRYSLER DODGE Jeep RAM chryslercanada.ca/offers

Wise customers read the fine print: †, ‡, □, *, ◊, ^, §. The Cold Cash Hot Deals Sales Event offers are limited time offers which apply to retail deliveries of selected in-stock new and unused models purchased/leased from participating retailers between February 18 - 28, 2017. Offers subject to change and may be extended or changed without notice. All pricing includes freight ($1,795), air-conditioning charge (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Financing and lease offers available to qualified customers on approved credit. Retailer order/trade may be necessary. Retailer may sell for less. †0% purchase financing for 84 months available on select new models to qualified customers on approved credit through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Example: 2017 Pacifica Touring-L (28L) with a purchase price of $39,830, with a $4,599 down payment financed at 0% for 84 months equals 364 weekly payments of $97, with a cost of borrowing of $0 and a total obligation of $35,231. 0% purchase financing for 48 months available on select new models to qualified customers on approved credit through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Examples: $30,000 financed at 0% for 48 months equals 104 bi-weekly payments of $288, a total obligation of $30,000 and $0 cost of financing. ◊$11,850 in Total Discounts is available on 2017 Dodge Grand Caravan Ultimate Family Package and consist of $6,500 Consumer Cash, $2,500 DVD Bonus Cash Program, $1,000 Autoshow Bonus Cash and $1,850 Bonus Cash. $6,200 in Total Discounts available on the 2017 Dodge Journey Ultimate Family Package and consist of $1,500 Consumer Cash, $2,500 DVD Bonus Cash Program, $1,000 Autoshow Bonus Cash and $1,200 Bonus Cash. See your retailer for complete details. □$1,000 Autoshow Bonus Cash is made up of $500 FCA Incentive Cash and $500 dealer contribution and is available on the purchase/lease of most 2017 models February 18 - 28, 2017 and will be deducted from the negotiated price after taxes. The following 2017 models are excluded: Chrysler 200 LX, Chrysler Pacifica Hybrid, Jeep Cherokee Sport, Renegade Sport, Jeep Patriot base (26D, 26G, 25D, 28D models), Jeep Compass base (26D, 26G, 25G models), Jeep Wrangler Sport (JKJL72), Dodge Charger SRT Hellcat, Dodge Challenger SRT Hellcat, Dodge Viper, Dodge Journey CVP/SE Plus, Dodge Grand Caravan CVP, Fiat 500 Pop/500X Pop/500L Pop, Ram 1500 Reg Cab 4x2, Ram 1500 Reg Cab 4x4 and Ram Cab & Chassis. See your dealer for details. *The Make No Payments for 90 Days event is a limited time offer which applies to retail customers who finance a select new 2016/2017 Chrysler, Dodge, Jeep, Ram or FIAT vehicle at a special fixed rate on approved credit through a participating financial institution. Monthly/bi-weekly/weekly payments will be deferred for 60 days and contracts will be extended accordingly, interest charges will not accrue during the first 60 days of the contract. Customers will be responsible for any required down payment, license, registration and insurance costs at time of contract. Some conditions apply. See your retailer for complete details. ‡3.49% purchase financing for up to 96 months available on select new 2017 models through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Examples: 2017 Dodge Grand Caravan CVP (29E)/2017 Dodge Journey CVP (22F) with a Purchase Price of $24,087/$23,209 with a $0 down payment, financed at 3.49% for 96 months equals 416 weekly payments of $66/$64 with a cost of borrowing of $3,626.64/$3,398.28 and a total obligation of $27,613.64/$26,607.28. –Non-prime financing available on select models on approved credit. 4.99%/6.99% financing available on select 2016 models. Financing examples: Purchase Price of $30,000 with a $1,000 down payment, financed at 4.99%/6.99% over 84 months, equals 162 bi-weekly payments of $189/$202 with a cost of borrowing of $5,418.76/$7,753.86 and a total finance obligation of $34,418.76/$36,753.86. Some conditions apply. See your retailer for complete details. §Starting From Prices for vehicles shown include Consumer Cash discounts and do not include upgrades (e.g., paint). Upgrades available for additional cost. Certain features of vehicles shown – e.g., interior colour – may not be offered on all models. See retailer for details. [1]Based on the latest available competitive information and WardsAuto Middle Cross Utility segmentation. Excludes other vehicles designed and manufactured by FCA US LLC. Based on availability of I-4 and V6 powertrains, front-wheel drive and all-wheel drive, 5- and 7-passenger seating, second-row removable in-floor storage bins, integrated child booster seats, front-passenger in-seat storage and forward fold-flat front passenger seat. ^Available. ®Jeep is a registered trademark of FCA US LLC used under license by FCA Canada Inc. ™The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

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DODGE CARAVAN KIDS

COLD CASH HOT DEALS

SALES EVENT

0% FINANCING† FOR UP TO 84 MONTHS

PLUS UP TO

$7,250 IN TOTAL DISCOUNTS◊

INCLUDES

$1,000 AUTOSHOW BONUS CASHΩ

+

NO PAYMENTS FOR 90 DAYS*

2017 RAM 1500 QUAD CAB SXT 4X4

$93 WEEKLY FINANCING† @ **0%** FOR 84 MONTHS WITH $0 DOWN

STEP UP TO THE

2017 RAM 1500 CREW CAB SXT 4X4

FOR ONLY **$8** MORE PER WEEK @ **0%** FINANCING† FOR 84 MONTHS

WITH **$7,250** IN TOTAL DISCOUNTS◊

INCLUDES **$1,000** AUTOSHOW BONUS CASHΩ

Starting From Price for 2017 Ram 1500 Sport Quad Cab 4x4 shown: $50,140.§

OR CHOOSE GREAT OFFERS ON 2017 RAM HEAVY DUTY WITH AVAILABLE NO CHARGE CUMMINS TURBO DIESEL

$9,345 VALUE

AND GET

0% FINANCING†

FOR UP TO 48 MONTHS

THE FASTEST-GROWING TRUCK BRAND IN CANADA♦

REBUILDING YOUR CREDIT? SPECIAL RATES AS LOW AS 4.99% OAC≈

Your local retailer may charge additional fees for administration/pre-delivery that can range from $0 to $1,098 and anti-theft/safety products that can range from $0 to $1,298. Charges may vary by retailer.

GUTS · GLORY RAM

RAMTRUCKOFFERS.CA

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DODGE CARAVAN KIDS

PROUD SPONSOR OF AMATEUR HOCKEY ACROSS CANADA